

Mary Massery's

# LINKED: Breathing & Postural Control

## A Pediatric and Adult Course

PRESENTED BY MIZZOU THERAPY SERVICES for PTs, OTs, SLPs, PTAs, COTAs, SLPAs

May 31

8:00am - 5:30pm

June 1

8:00am - 5:30pm

June 2

8:00am - 2:00pm

### COURSE LOCATION

Women's Hospital - Conference Center  
404 N. Keene St.  
Columbia, MO 65201

### CEUs: 21 Contact Hours

(PT, PTA, OT, COTA, SLP, SLPA)  
Qualifies for ASHA Professional Development Hours

### COST:

Registration: \$650

Early Bird (Before March 1): \$550

### REGISTRATION:

<https://cvent.me/vrerwe?locale=en>

### SPEAKER BIO:

Nechama Karman, PT, MS, PCS

Nechama Karman received her MSPT from Columbia University in 1994, her Advanced MS in orthopedic PT from Touro College in 1998, and has completed her Health Sciences PhD coursework at Seton Hall University. Nechama is an APTA board-certified pediatric clinical specialist and the chief clinical educator at Mobility Research for LiteGait nationally and internationally. In addition, Nechama owns a private practice in NYC focusing on complex neurological conditions and complex pelvic conditions.

Nechama has completed two invited Massery faculty apprenticeships. In 2016, she became Mary's first certified faculty member for the "Breathing" course! And in 2019, she was the first certified faculty for Mary's "I Survived" musculoskeletal course. Two huge accomplishments! In addition, she co-authored a new one-day course with Mary: "BRAKING BAD: ECCENTRIC CONTROL FROM TALKING TO WALKING."

One of Nechama's proudest "Mary Massery" moments occurred when she treated a man suffering from prostatectomy-related incontinence using Mary's approach. She taught him to transfer without incontinence for the first time in 9 months - all in under 15 minutes! She is passionate about helping other therapists learn these important concepts.

**DISCLOSURE STATEMENT:** The speaker is paid an honorarium for this presentation.

**Substitution and Refund Policy:** A full refund of fees less a \$50 administrative fee will be made if notice of cancellation is received, in writing, prior to May 1, 2024 (okruchk@health.missouri.edu) No refunds will be made after May 1, 2024.

**Grievances:** In the event of a grievance, attendees may record their grievances in the comments section of the course evaluation or communicate directly to the planning committee.



### COURSE DESCRIPTION:

- This course, developed by Mary Massery, proposes a new definition of "core stability"; redefining it as the dynamic control of trunk pressures to optimize postural stability (balance).
- Dr. Massery's "soda pop can model" links breathing mechanics to postural control using multi-system interactions.
- The speaker presents novel research demonstrating the role of vocal folds as postural stabilizers, extending the concept of "core stability" from the vocal folds on the top of the trunk to the pelvic floor on the bottom.
- In Part-1, foundational information and quick interventions will be the focus (positioning and ventilatory strategies).
- In Part-2, the focus shifts to hands-on techniques: assessing "normal" breathing patterns, and learning neuromotor breathing retraining techniques and manual assistive cough techniques.
- Multiple clinical cases will be used to cement the concepts.
- The course is applicable for any pediatric or adult patient (or therapist) who breathes!

### LEARNING OUTCOMES:

At the conclusion of Part-1 (Day-1), participants should be able to:

1. Describe how trunk pressures link breathing and postural control using the Soda Pop Can Model.
2. Describe the multiple, simultaneous roles of the diaphragm as related to breathing, postural control, gastroesophageal reflux, constipation, and venous return.
3. Demonstrate the role of the vocal folds in normal postural stability responses (balance) and make the case for using speaking valves for patients with tracheostomies.
4. Position patients for optimal physiological and biomechanical support of breathing with simple equipment (towels, pillows, etc.).
5. Apply a ventilatory strategy algorithm presented in class to optimally match breathing with movements from bed mobility to athletic endeavors.
6. Apply concepts to a wide variety of patient populations from infancy to geriatrics.

At the conclusion of Part-2 (Days 2-3), participants should be able to:

7. Demonstrate a multi-system approach to evaluating motor impairments.
8. Identify the variations of "normal" breathing patterns and discuss the efficiencies/inefficiencies for individual patient conditions.
9. Evaluate need for, and demonstrate, appropriate neuromotor retraining techniques for patients with ineffective breathing/postural control strategies (health or participation deficits).
10. Apply concepts to a live patient demonstration (if a patient is available) and suggest possible evaluation and treatment ideas based on the course material.
11. Design a targeted airway clearance program using the principles of mobilization, expectoration and oral management.
12. Demonstrate airway clearance techniques, with an emphasis on manual assistive cough techniques, and apply an airway clearance algorithm to specific patient conditions.
13. Identify thoracic cage/spine restrictions as they pertain to breathing mechanics and postural control (a very brief introduction of chest wall restrictions).
14. Evaluate the need for, and demonstrate, neuromotor retraining techniques to improve breath support for voicing and postural control (eccentrics).
15. Suggest immediate ways to incorporate the concepts into therapy activities in your clinical setting.



Health Care